

Biceps Brachii Tendon Rupture

What is it?

Detachment of the biceps brachii tendon from the bone

What causes it?

Repetitive strain, leading to irritation and micro tears in the biceps brachii tendon, which connects the shoulder joint and the elbow. Weakness due to tears in the rotator cuff. Throwing activities. Weightlifting.

Symptoms

Bulge in upper arm. Instability to turn the palm upward or downward. Sudden, sharp pain at the shoulder.

Top Tips

Immobilise and ice as soon as possible.

How to Treat it

Anti-inflammatories and analgesics. RICER immediately after injury. Then heat to promote blood flow and healing



Rehab

Following rest and recovery of the tendon, flexibility and strengthening exercises should be undertaken to restore full mobility in the shoulder. Avoidance of sudden lifting beyond normal capacity.

Definitions

Biceps brachii – a large muscle in the front of the upper arm. Commonly shortened to 'bicep'

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Analgesics – painkillers

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Shoulder Subluxation
- Acromioclavicular Separation
- Sternoclavicular Separation
- Biceps Brachii, Chest Strain
- Impingement Syndrome
- Rotator Cuff Tendinitis (Pitcher's Shoulder)
- Shoulder Bursitis
- Bicipital Tendinitis
- Pectoral Muscle Insertion Inflammation
- Frozen Shoulder (Adhesive Capsulitis)

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